

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020

www.FrederickCountyMD.gov/aging

May Program Highlights

Mother's Day Luncheon

Today we celebrate the women in our lives who have "mothered" us over the years. Menu: Chicken Cordon Bleu, mashed potatoes, Harvard beets, strawberry shortcake

Date: Thursday, May 7

Sign-up by Monday, May 4

Time: Noon

Cost: \$4.68 (Regular meal cost)

Get into the Act! Luncheon & Musical Entertainment

Join us as we celebrate the 50th Anniversary of the Older America's Act. Enjoy a luncheon followed by Musical Entertainment by "Just in Time" Sweet Adeline Quartet. Event will be held at the Frederick Senior Center.

Date: Friday, May 29

Sign-up by Monday, May 18

Time: 11:30 a.m. **Cost:** \$10

The Inside Scoop: Education & Ice Cream When is it time to talk about palliative care or hospice?

Learn when and how palliative/supportive care or hospice may be helpful to you and your loved ones. This program will be given by Eric G. Bush, MD, Rph, MBA, Medical Director, Hospice, Pain and Supportive Care Services, Hospice, Frederick County.

Date: Tuesday, May 19

Time: 6:30 p.m. **Cost:** Free

Strength Training

Increase strength and flexibility. Bring a light set of weights to this video exercise.

Date: Mondays and Wednesdays

Time: 9:45 a.m. **Cost:** Free

Prepare an Advanced Directive

Have your advanced directive prepared for free. Pro bono attorneys will be here for Law Day. Appointments are required.

Date: Friday, May 1

Time: Call for an appointment

Cost: Free

Depression and Seniors

Do you ever feel depressed? How do you cope when feeling blue? Fred Balius with the Health Department will discuss some ways to cope with depression.

Date: Tuesday, May 12

Time: 11:30 a.m. **Cost:** Free

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "My doctor orders blood work but how does my blood work: A discussion of components and conditions that affect the circulatory system."

Date: Thursday, May 14

Sign-up by Tuesday, May 12

Time: Noon

Cost: \$4.68 (Regular meal cost)

Birthday Lunch

Celebrate May birthdays! The first Monday of each month enjoy cake and ice cream!

Date: Monday, May 4

Time: Noon

Cost: \$4.68 (Regular meal cost)

Day Trips: June-September 2015
Registration begins Tuesday, May 12